

**Elementary
Club Swinging
for
Normal Classes**



By **WILLIAM J. SCHATZ,**

ELEMENTARY CLUB SWINGING

FOR

Normal Classes



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Introductory Remarks



THE aim of the following pages is to supply a simple guide for first-year normal students of physical education. The material contained is especially adapted to class work; it possesses all the elements of beauty and rhythm so desirable in this variety of work, and furnishes the maximum amount of physical exercise to be derived from club swinging. Except in the most advanced movements, no high degree of co-ordination is required.

From the standpoint that the easier should precede the more difficult in learning anything, it is evident that all circles and movements should first be learned with the right club, most students being right-handed. In the following pages that plan is adopted.

In counting for club swinging, note that the count falls on the lowest point of the circle.

In arranging the movements to music, note that waltz time is suitable to practically all movements except the follow circles; the latter are best executed to 2-4 or 4-4 time. 2-4 and 4-4 time suit to all forms of club swinging. The skilled performer can swing snakes in any time.

Exercises should consist of eight counts, or a multiple of eight, in order that they may fit best to music.

For a more comprehensive treatment of the subject of club swinging, see Club Swinging, by Schatz.

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17
4
5
1
3
3
5

Heart-Shaped Circles

Ex. 1.

Heart-shaped circle outward with the right on 1 and 2; same with the left on 3 and 4. Alternate for 32 counts.

(b) Same exercise inward.

Ex. 2.

First four counts as in Ex. 1; one double outward heart-shaped circle on 5 and 6; another double heart-shaped circle on 7 and 8. Continue for 32 counts.

(b) Same exercise inward.

(c) For the last four counts make three full-arm circles, coming to position on 8. Do this outward and inward.

Ex. 3.

Double heart-shaped circle outward on 1 and 2; double full-arm circles 3, 4, 5, coming to position on 6; double heart-shaped circle 7 and 8.

(b) Same inward. (c) Also parallel.

Ex. 4.

Alternate heart-shaped circles right and left respectively for 32 counts. Outward; inward.

Arm and Shoulder Circles

Ex. 1.

Arm circle outward right on 1; on 2, instead of coming to position as in the heart-shaped circle and then raising the club again for the next heart-shaped circle, execute a short (hand or shoulder) circle behind the shoulder. Continue for 32 counts.

Same left. Same inward.

Ex. 2.

Double arm and shoulder circles outward for 32 counts, coming to position on 32.

Same inward; also parallel.

Ex. 3.

Double arm and shoulder circle on 1 and 2; double arm circle on 3, and coming to position on 4. Continue for 32 counts.

Same inward; also parallel.

Three-Quarter Arm Circles Combined With Arm Circling

Ex. 1.

Three-quarter arm circle outward with the right on 1; $\frac{1}{2}$ arm circle inward on 2; $\frac{3}{4}$ arm circle outward to position 3 and 4.

Same left. Also do the same thing starting inward; 2 will be outward and 3 inward.

Ex. 2.

Same exercise, but do the movement double outward and inward respectively.

Do this movement parallel right and left also.

Ex. 3.

Three-quarter double arm circle outward on 1; two complete arm circles inward and to position, 2, 3, and 4. Continue for 16 counts.

Start double inward; also start parallel right and left; the last three counts will, of course, be changed to correspond.

Ex. 4.

Do the first four counts of Ex. 3, starting outward; then do four more, starting inward, etc.

Ex. 5.

Swing parallel right with both clubs, making $\frac{3}{4}$ circles, but instead of swinging the right in front of the body bring it behind the body, on 1; complete arm circles to position going left 2, 3 and 4.

Same starting parallel left.

One and Two Club Work

Preliminary Note.—In all the exercises given with one club under this section the left arm is brought to the side, at the completion of the exercise, just as though it were describing a part of an arm circle.

All the exercises are first done with the right club; after they are perfected with the right they are done with the left. This will naturally make all the rights in the descriptions read left and vice versa when done with the left.

After the exercises have been mastered swinging outward, do them inward.

After the exercises have been mastered as described, both inward and outward, execute a shoulder circle on counts 2 and 7.

All the following exercises **SHOULD ALSO BE EXECUTED WITH TWO CLUBS**; they will all look well. The following rules are to be observed: On count two either cross the clubs above the head without making a shoulder circle or make a shoulder circle in the act of crossing them. Otherwise the movements are done with the two clubs instead of one. Do them double outward, double inward and parallel (that is, double) right and left.

One and Two Club Movements

Ex. 1.

Arm circle with right on 1; as the club is rising to complete the circle, keep it horizontal, that is, pointing to the left; when it has reached a horizontal position above the head, grasp the base of the club with the left hand and hold it on count 2; bend the body forward, keeping the arms above the head; bend far enough to almost touch the floor with the club, count 3; straighten the body again on count 4, the club being still at arm's length above the head; for 5 and 6 repeat the last two counts; for 7 and 8 make an arm circle outward, returning to position, bringing the left hand to the side as though completing an arm circle.

Ex. 2.

First two and last two counts same as Ex. 1; on 3 bend the body to the right; on 4, straighten; repeat these two counts for 5 and 6.

(a) Do the exercise as written above, but in addition step left on 1; on 8 replace the foot.

(b) Same as written, but in addition step left on 1; on 3 bend the body right (the left knee may also be bent); on 4 straighten body (and knee, if bent); repeat these last two counts for 5 and 6; replace the foot on 8.

Ex. 3.

First two and last two counts same as Ex. 1; for 3 bend the body backward; straighten on 4; repeat these last two counts for 5 and 6.

Do the exercise as here written; but also step backward with the right foot on 1 and replace it on 8.

Ex. 4.

First two and last two counts same as Ex. 1; execute deep knee bend on 3, bringing the clubs to the floor; on 4 straighten the knees and bring the clubs overhead again; repeat these last two counts for 5 and 6.

Ex. 5.

First two and last two counts same as Ex. 1; on 3 face to the right, bend the right knee, place the left foot backward from the new front (layout), and bending the body forward, lower the club to the floor; on 4 raise the body and bring the club overhead again; on 5 bend the body and lower the club again; on 6 raise the body and bring the club overhead again, also bring the left foot to the side of the right and face left (that is, to the original front).

Ex. 6 and 7.

In exercises 4 and 5 with two clubs, instead of repeating the movements made on counts 3 and 4, take two counts for their performance—that is, two counts going down and two coming up. Instead of a simple lowering of the clubs, execute the “roll” by making a $1\frac{1}{2}$ hand circle forward going down and the “roll,” making a $1\frac{1}{2}$ backward circle, coming up, the clubs remaining crossed during the “rolls.”

Hand Circles Combined With Arm Circles

The following material is not supposed to constitute a lesson, but is given as work to be taken up from time to time as the student shows that he is proficient enough to advance to the next mentioned movement.

A word about the naming of circles in general. Arm circling refers to a circling movement in which the arm is kept practically straight while the club is being swung, the shoulder forming the center of the circle. Hand circles are those circles which are made with the hand as the center of the circle.

Hand circles are named with reference to the position in which they are made:—

Behind the shoulder, “shoulder circle”;

In front of the arm when it is extended directly upward, “upper front”;

Behind the arm when it is extended directly upward, “upper back”;

In front of the thigh, arm straight, “lower front”;

Behind the thigh, "lower back";
 In front of the hip, "front hip";
 In front of the opposite hip, "front hip arm across body";
 In front of opposite hip, arm in rear, "front hip, arm across back";
 Behind opposite hip, arm in front, "back hip, arm across front";
 Behind opposite hip, arm in rear, "back hip, arm across back";
 Behind opposite shoulder, arm across front, on shoulder, "over arm";
 Behind opposite shoulder, arm across front in arm pit, "under arm";
 In front of arm which is extended sideways, "front hand circle arm extended sideways", etc., etc.
 For complete explanations, see Club Swinging, by Schatz.

Ex. 1.

Double arm circle outward on 1; double shoulder circle on 2; double arm circle (double heart-shaped circle) to position 4. Continue for 16 counts.

Do the same movement double inward and parallel right and left, respectively.

Ex. 2.

Double full (or complete) arm circle, 1; double upper front, 2; double arm circling to position (one circle), 3 and 4. Continue for 16 counts.

Same double inward and parallel right and left, respectively.

Ex. 3.

Double arm circle outward, 1; continue the arm circling, running into double lower front, 2 and 3; double $\frac{1}{2}$ arm circling to position, 4. Sixteen counts.

Same double inward and parallel right and left, respectively.

Ex. 4.

Substitute double lower back for double lower front circle, otherwise as in Ex. 3.

Ex. 5.

Double $\frac{1}{2}$ arm circle, running into double lower front, 1 and 2; continue by double $\frac{1}{2}$ arm circle movement, running into two double shoulder circles, 3 and 4; repeat, but omitting last shoulder circle; come to position on 8.

Same double inward and parallel right and left, respectively.

Ex. 6.

Substitute double lower back for double lower front, otherwise as in Ex. 5.

Ex. 7.

Substitute double upper front for double shoulder circle in Ex. 5.

Arm and Shoulder Circling with Sideward Marching

Ex. 1.

Double arm and shoulder circles continuously for 16 counts; step sideward right with the right on 1; bring the left up to the right on 2, just as the shoulder circle is being completed, etc. Continue the arm work for 16 more counts, but now march sideward left.

Same exercise double inward and parallel right and left circles, respectively.

Ex. 2.

With the odd numbered files of the class two steps in advance of the even files, swing continuously for 32 counts double outward (inward, parallel right or parallel left respectively) arm and shoulder circles. Swing on place 8 counts, then the members of the odd files march sideward right for 8 counts, while the members of the even files march sideward left for same number of counts, all regulating their steps so that now two files are formed. Swing on place for 8 counts; march in the opposite direction 8 counts.

Tipping Exercises

Note.—Tipping is sometimes called “slapping” or “dipping.” The clubs when tipped are held at shoulder height unless otherwise indicated.

Group I.

Ex. 1.

Three-quarter arm circle outward with the right, with tipping, 1 and 2; same with the left, 3 and 4; clubs are now in front of body, arms crossed; raise the left club and swing $\frac{3}{4}$ inward arm circle to position, 5 and 6; same with the right, 7 and 8; continue for 32 counts.

Ex. 2.

Same exercise, starting inward. On 4 the clubs are held in tipped position at arms' length sideward.

Ex. 3.

Double $\frac{3}{4}$ arm circle outward with tipping, 1 and 2; return, raising the clubs and executing a double $\frac{3}{4}$ arm circle inward, 3 and 4. Continue for 32 counts. A slight knee bending and straightening may be added on 2 and 3 respectively.

Ex. 4.

Same exercise, starting double inward.

Ex. 5.

Apply the same exercise to parallel right and left circles.

Group II.

Ex. 1.

Double $\frac{3}{4}$ arm circle outward with tipping, 1 and 2; bring the arms to side horizontal, clubs still lying on them; at the same time execute a deep knee bend, 3; bring the arms to crossed position in front of chest again and straighten the knees, 4; repeat the last two counts for 5 and 6; return to position by double $\frac{3}{4}$ inward arm circle.

Ex. 2.

Do the same exercise, starting $\frac{3}{4}$ double inward; make necessary changes.

Ex. 3.

Same as Ex. 2 with clubs, but step backward with the right on 1; kneel on the right on 3; rise on 4; kneel on 5; rise on 6; replace it on 8.

Ex. 4.

Same as Ex. 2, with the clubs for first two and last two counts, but bend the body right on 3; straighten on 4; repeat these last two counts for 5 and 6. Throughout 3, 4, 5 and 6 the arms maintain the same relative position to the body as on 2—that is, they remain in line, with a straight line passing through arms and shoulders from side to side.

Ex. 5.

Modify Ex. 4 thus: On 3, the body being bent to the right, make a $\frac{3}{8}$ arm circle inward with the left, club still lying on the forearm, the right is raised slightly, so as to

become parallel with the left; straighten the body and bring both clubs to horizontal position again on 4. On 5 make the $\frac{3}{8}$ arm circle inward with the right, bend left and bring the left arm up so as to be parallel with the right; on 6 straighten the body and bring the clubs to horizontal position again.

Ex. 6.

Parallel right $\frac{3}{4}$ arm circle with tipping, 1 and 2; step to the left, with the left foot on 1. Return in the reverse order.

Do the corresponding exercise to the other side.

Ex. 7.

Parallel right $\frac{3}{4}$ arm circle with tipping, 1 and 2, stepping left with the left on 1 and bringing the right foot to front cross position on 2. Parallel left $\frac{1}{2}$ arm circle with tipping, 3 and 4, stepping to the right, with the right foot on 3, and bringing the left foot to front cross position on 4. Parallel right $\frac{1}{2}$ arm circle with tipping, 5 and 6, stepping left with the left on 5 and bringing the right to front cross position on 6. Parallel left $\frac{3}{4}$ arm circle to position, 7 and 8, stepping right with the right on 7 and replacing the left foot on 8.

Start the movement parallel left, making the corresponding changes.

Ex. 8.

Same as Ex. 7, with these additions: Bend body right on 2, to left on 4 and to right on 6, straighten on 8.

Simple Arm Circling Movements

Note.—On making a double outward $1\frac{1}{8}$ arm circle from position the termination of the movement is the "Y" position, the body of the pupil being the stem of the letter, and the arms and clubs, which are in line with each other, form the limbs.

On making a double inward $1\frac{1}{8}$ arm circle from position the clubs will be crossed above the head at the termination of the movement; the forearms should be in line with the clubs, which should be crossed at about a right angle.

On making a parallel $1\frac{1}{8}$ arm circle right from position the clubs will be parallel and pointing obliquely sideward, upward right at the termination of the movement.

From position a double $1\frac{3}{8}$ arm circle outward brings the clubs to "A" position, that is, pointing obliquely, side-ward, downward. The same degree of movement inward brings them to a position in which they are crossed in front of the thighs.

From position a $1\frac{5}{8}$ double outward arm circle brings the clubs to a position in which they are crossed in front of the thighs. The same degree of movement inward brings them to "A" position.

Group I.

Ex. 1.

Right $1\frac{1}{8}$ arm circle outward, 1 and 2; same with the left, 3 and 4; return in the reverse order, 5, 6, 7 and 8.

(a) Return to position, going outward instead of inward.

(b) Do the exercise starting inward and return in the reverse order; also returning inward.

(c) Right $1\frac{1}{8}$ arm circle outward; left $1\frac{1}{8}$ arm circle inward, on 1, 2, 3 and 4 respectively; return in the reverse order (also by circling the same direction) on 5, 6, 7 and 8.

Ex. 2.

Double $1\frac{1}{8}$ arm circle outward, 1 and 2; return in the reverse direction, 3 and 4.

(a) Return by circling outward.

(b) Start the exercise inward and return outward; also return inward.

(c) Parallel right $1\frac{1}{8}$ arm circle, 1 and 2; return, going parallel left, 3 and 4. Make the return parallel right also.

Start the exercise parallel left, making the corresponding changes throughout.

Ex. 3.

Outward $1\frac{3}{8}$ arm circle right, 1 and 2; same with the left, 3 and 4. Return to position, circling $1\frac{3}{8}$ circle in the reverse direction, 5, 6, 7 and 8.

Apply the corresponding changes suggested under the exercises above.

Ex. 4.

Outward $1\frac{5}{8}$ arm circle right, 1 and 2; same with the left, 3 and 4; $\frac{5}{8}$ arm circle inward right, 5 and 6; same left. Apply corresponding changes suggested above.

Ex. 5.

One and one-eighth double arm circle outward, 1 and 2; cross the clubs overhead on 3; come to "Y" position again on 4; $1\frac{1}{2}$ double arm circle outward, on 5 and 6; $\frac{5}{8}$ double arm circle inward to position on 7 and 8.

Apply the corresponding changes suggested under exercises above.

Group II.

Ex. 1.

One and five-eighth double arm circle outward, on 1 and 2 (clubs crossed in front of thighs); arm circle inward, double, until the clubs are crossed overhead ($\frac{3}{4}$ circle), on 3 and 4; now arm circle outward, double 1 6-8, clubs being crossed in front of thighs, 5 and 6; come to position by arm circling inward $\frac{5}{8}$ circle, 7 and 8.

(a) Start the movement inward, making corresponding changes; also parallel right and left respectively with corresponding changes.

Ex. 2.

Five-eighth double arm circle outward on 1; 6-8 double inward, 2, thus crossing the clubs overhead; 1 6-8 double outward, crossing the clubs in front of thighs, 3 and 4; continuous arm circling inward, double, 5, 6 and 7, coming to position on 8.

Make the necessary changes in order that the exercise may be started inward and parallel right and left respectively.

Group III.

Ex. 1.

Right $1\frac{1}{8}$ outward arm circle, 1 and 2; same with the left, 3 and 4; continuous double arm circling outward to position, 5, 6, 7 and 8.

(a) Make changes necessary for the inward movement.

(b) Right $1\frac{1}{8}$ outward arm circle on 1 and 2; same degree inward with the left, 3 and 4; continuous arm circling parallel right to position, 5, 6, 7 and 8. Make changes so that the exercise will be parallel left also.

Ex. 2.

Right $1\frac{5}{8}$ arm circle, 1 and 2; same with the left, 3 and 4 (clubs crossed in front of thighs); double inward arm circles continuous to position, 5, 6, 7 and 8.

Make the changes in this exercise which correspond to those suggested in the exercise above.

Ex. 3.

First four counts same as Ex. 1; double lower front outward on 5 and 6; $1\frac{1}{2}$ double arm circle to position, 7 and 8.

Make changes necessary for executing inward, and parallel right and left respectively.

Development of the Reels

Reel or Short Reel

Ex. 1.

Execute continuous arm and shoulder circles with the right and continuous shoulder circles with the left; both outward. Thirty-two counts.

Do the same exercise, making the continuous arm and shoulder circles with the left and the continuous shoulder circles with the right. Thirty-two counts.

Ex. 2.

Do the movement given in the first paragraph of Ex. 1 for four counts, then that in the next paragraph for four counts. Continue for 32 counts.

Ex. 3.

Outward heart-shaped circle with the right, 1 and 2; with the left make an outward shoulder circle on 1, come to position on 2. Make the heart-shaped outward circle with the left, 3 and 4; the shoulder circle outward and coming to position with the right on 3 and 4. Continue 32 counts.

Ex. 4.

One and one-eighth outward circle with the right, 1 and 2; same with the left, 3 and 4; with the right make an outward arm and shoulder circle, 5 and 6, and an outward heart-shaped circle, coming to position 7 and 8; with the left make an outward shoulder circle, 5, an outward arm circle and an outward shoulder circle, coming to position, 6, 7 and 8.

Ex. 5.

"The Reel"

Outward arm and shoulder circle with the right on 1 and 2; an outward shoulder circle and arm circle with the left on 1 and 2 respectively. Continue the movement for 32 counts.

"Long Reel"

Ex. 1.

Execute a $\frac{1}{2}$ arm circle, a lower front and a $\frac{1}{2}$ arm circle outward with the right, 1 and 2; two shoulder circles outward with the right, 3 and 4. Continue for 16 counts.

Same with the left for 16 counts.

Ex. 2.

Execute lower fronts with the right and shoulder circles with the left, both outward, for 8 counts; now change, passing by means of a $\frac{1}{2}$ outward arm circle, so as to execute shoulder circles with the right and lower fronts with the left, both outward, for 8 counts; add a $\frac{1}{2}$ arm circle with each club, so as to be ready to repeat the movement again. Continue for 32 counts.

Ex. 3.

The "Long Reel."

With the right make $\frac{1}{2}$ arm circle, a lower front and a $\frac{1}{2}$ circle outward on 1 and 2; then two shoulder circles, 3 and 4. With the left make two shoulder circles outward, 1 and 2; then $\frac{1}{2}$ arm circle, a lower front and $\frac{1}{2}$ arm circle, 3 and 4.

The "Side Reel."

The side reel is a modification of the long reel, the body being turned toward that side on which the hand ordinarily makes the shoulder circles in the long reel, but with forward circles substituted for them; the hand which would ordinarily make the lower fronts in the long reel is brought up so as to be on a level with the other hand and executes backward circles instead.

To learn to do the side reel it is probably best to start making the long reel, and then gradually bring the hands nearer together as the hand circles are made.

The "Traveling Reel."

With the right club as follows: $\frac{3}{4}$ outward arm circle, 1; backward hand circle inside of arm, 2; upper front outward, 3; two forward circles, 4 and 5; $\frac{1}{2}$ outward arm circle, 7; shoulder circle outward, 8. The body is turned to the left on 1 and 2 and to the right on 4 and 5.

With the left two backward hand circles, 1 and 2; $\frac{1}{4}$ outward arm circle, lower back, and $\frac{1}{4}$ arm circle outward, 3 and 4; backward circle inside of arm, 5; two shoulder circles outward, 7 and 8.

By omitting the last shoulder circle with both clubs a more continuous movement results.

There is a corresponding reel inward for each of the reels mentioned above; their execution is evident after the outward reels have been mastered.

By swinging outward with the right and inward with the left, a movement is made corresponding to the long reel; of course, it is not a parallel reel.

Follow, or Windmill, Circles

Ex. 1.

The Development.

Swing parallel arm and shoulder circles right continuously for about 8 counts, then, continuing this movement, execute it so that, instead of the clubs being strictly parallel, the left comes down a little ahead of the right in making the arm circle; this will bring about the left shoulder circle a little sooner than the right. Continue this mode of making the circles, gradually increasing the lead of the left club until it is exactly a quarter circle ahead of the right; this is the follow, or windmill, movement. Do the same movement left.

Note.—The follow, or windmill, circles executed to music go best with 2-4 or 4-4 time.

Heart-shaped circles may also be executed in follow time, but follow work finds its greatest usefulness in movements employing hand circles. The variety of combination is indefinite. For more advanced work than given below see Schatz Club Swinging.

Ex. 2.

March sideward while executing the windmill.

Ex. 3.

In follow time, both to the right and to the left respectively, swing the following: One-half arm circles, lower fronts, $\frac{1}{2}$ arm circles, shoulder circles.

Ex. 4.

See Ex. 2, Group I, Schatz Torch Drill; do the exercise in follow time, right and left.

Ex. 5.

Do Ex. 3 of the same in follow time, right and left.

Practice Combinations

Ex. 1.

Three-quarter arm circle parallel left, turning body to the right and charging right on 1; forward parallel hand circle, 2; $\frac{3}{4}$ arm circle parallel right, turning body to the front and replacing foot, 3; shoulder circle parallel right, 4. Do the exercise starting with $\frac{3}{4}$ arm circle parallel right and make the corresponding changes throughout. Continue for 16 counts; on the last count, instead of a shoulder circle, come to position.

Ex. 2.

Arm and shoulder circle parallel right, 1 and 2; turning body right, make a parallel forward hand circle, 3; as the right hand completes the forward circle, turn the body to front, charge right and raise the right club obliquely upward right, while the left club swings by arm circling to obliquely downward left, 4. Pass the right club behind the head to the left side (pointing obliquely upward, left), raise the left club until parallel with it, and raise the right foot, 5; bring the right foot to the side of the left, execute an arm circle parallel right, 6; shoulder circle parallel right, 7; position, 8.

Same exercise, starting parallel left.

Ex. 3.

Arm and shoulder circle parallel right, 1 and 2; $\frac{1}{2}$ arm circle parallel right, lower front parallel right and $\frac{1}{4}$ arm circle inward with the left, while the right, as it is rising from the lower front, starts a $\frac{1}{4}$ arm circle outward, being swung behind the body, 3 and 4; the body is inclined to the right on 4 also. Turn the body right and with a parallel arm circling movement, 5, parallel left to the original front until the clubs are "checked" overhead, 6; swing parallel arm circle opposite direction to position, 7 and 8, the foot being replaced and the body turned to the front.

Same exercise left.

Ex. 4.

Three-quarter arm circle parallel right, 1; $1\frac{1}{2}$ horizontal circles across the body to the right side, made parallel, 2 and 3; $\frac{1}{2}$ arm circle parallel right, 4; repeat counts 2 and 3 for 5 and 6; .. arm circle parallel right to position, 7 and 8.

Additional Practice.

See Club Swinging, by Schatz, for the following:—

Scissors, p. 36, Ex. 20.

Split, p. 39.

Fountain, upper, p. 42.

Fountain, lower, p. 47.

Fountain, lower back, p. 48.

Pin Wheel, p. 45.

Snakes, p. 56-63.

Schatz Torch Drill

The drill, although especially adapted to torch swinging because of the general arrangement of the circles, and also because it contains no stops, also serves as a drill for advanced classes, plain or decorated clubs to be used. Proficiency in the most used circles and movements is required for its execution.

There are 80 counts in each group. With classes sufficiently advanced, the drill is to be used as written: with less skilled classes, only the following groups, arranged in the order mentioned, should be used, thus:

Groups II, I, II, and I; or Groups II, I, III, and I.

Group I.

Note.—By properly adjusting the circles of the last few counts so that the final count of each exercise consists of double shoulder circle, an arrangement which gives a uniform starting point for each succeeding exercise is secured.

Ex. 1.

Double outward arm and shoulder circles for 8 counts.

Ex. 2.

Outward Reel for 8 counts. Start first arm circle with the right.

Ex. 3.

Double outward $\frac{1}{2}$ arm circle, lower front, and $\frac{1}{2}$ arm circle 1 and 2; double outward shoulder circle twice, 3 and 4. Repeat.

Ex. 4.

Long Reel for 8 counts. Start first $\frac{1}{2}$ arm circle with the right.

Ex. 5.

Double outward "traveling movement." Double outward throughout, as follows: Arm circle, 1; upper front, 2; arms extending obliquely, sideways, upward, hand circle behind arm, 3; arms lowered to slightly below horizontal sideways, hand circle in front of arm, 4; lower back, 5; lower front and $\frac{1}{2}$ arm circle, 6 and 7; shoulder circle, 8. Repeat.

Ex. 6.

Side Reel for 16 counts, making the first hand circles on the right.

In advanced classes use the "traveling reel" twice instead of the side reel.

Ex. 7.

Double $\frac{1}{2}$ arm circle outward, then make double outward lower backs and lower fronts alternately for 6 counts; the last half of the last lower front and a $\frac{1}{2}$ arm circle are made on 7; double shoulder circle on 8.

Ex. 8.

Make double upper fronts and upper backs for 8 counts, coming to position on 8.

Group II.

Note.—Use the same arrangement as mentioned in note under Group I, the last count requiring parallel shoulder circles, however.

All changes from parallel right to parallel left and the reverse of this are made by "passing."

Ex. 1.

Parallel arm and shoulder circles to the right, 8 counts; same left; same right; same left.

Ex. 2.

Turning the trunk to the right, execute four forward parallel hand circles, 1, 2, 3 and 4; $\frac{1}{2}$ arm circle parallel right, 5; turning the body to the left, execute two backward parallel hand circles, 6 and 7; shoulder circle parallel right, 8.

Repeat same parallel left.

Ex. 3.

Parallel right throughout. Arm circle, 1; shoulder circle, 2; with body turned to the right, make forward hand circle, 3; "split," 4, 5, and 6; turning the body to the left, make backward hand circle, 7; shoulder circle, 8. Repeat.

The "split" parallel right is made as follows: Lower back and lower front with the right club, made simultaneously with a lower front and a lower back with the left.

Ex. 4 and 5.

Same as Exs. 7 and 8 of Group I, but going parallel right instead of double outward.

Group III.

This group is essentially the same as Group I, with the exception that the movements are executed double inward, instead of double outward.

Group IV.

Ex. 1.

Windmill right (follow circles, arm and shoulder) 3 times, first 6 counts; parallel right, arm and shoulder circle, 7 and 8; same left for next 8 counts; same right again, 8 counts; same left, 8 counts.

Ex. 2.

Four upper fountains made in 16 counts. Right.

Ex. 3.

Four lower fountains made in 16 counts. Right.

Ex. 4.

Fountain all-around (upper fountain, lower fountain in front, lower fountain in back) once, then make the pin wheel right, above the head, enough counts so as to make the total 80 counts required in the group.

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